

Water Aerobics

Summer 2018

Session V

Classes use a combination of Deep & Shallow water exercise

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris Kostek and Christie Bourque bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class and Christie teaches our Tuesday and Thursday evening classes.

MORNING CLASS Monday, Wednesday, & Friday 7:00 - 7:40 am

July 23 - August 31 (12 classes)

(No Classes: August 13, 15, 17, 20, 22, 24 [annual maintenance])

Fee: \$20 / \$28 / \$38
(Walk in fee: \$5 / \$6 / \$7)

Fees listed in the order of AFC Member / Resident / Non-Resident

EVENING CLASSES Tuesday or Thursday 6:00 - 7:00 pm

Tuesday: July 24 - August 28 (4 classes)

(No Classes: August 14, 21 [annual maintenance])

Fee: \$10 / \$16 / \$26
(Walk in fee: \$5 / \$6 / \$7)

Thursday: July 26 - August 30 (4 classes)

(No Classes: August 16 & 23 [annual maintenance])

Fee: \$10 / \$16 / \$26
(Walk in fee: \$5 / \$6 / \$7)

Fees listed in the order of AFC Member / Resident / Non-Resident

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062
Mon-Fri 4:00-7:00 pm, Sat 10:00 am-5:00 pm and Sun 11:00 am-4:30 pm
413-587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence, MA 01062
Mon-Fri 8:30 am-4:30 pm
413-587-1040

www.northamptonma.gov/recreation

REGISTRATION FORM ON REVERSE SIDE

Updated 5/16/18

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Male ☐ Female ☐

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for
programs after June

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

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Male ☐ Female ☐

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					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	TOTAL AMOUNT DUE \$
Musante Beach	Non-Res Adult Family Senior Youth	Beach Pass	\$	

Pass Holder's Name(s)	Male/Female	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____
Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____